

HOME FOR GRIEF
a gentle activity

AN ACTIVITY, FOR WHEN YOU ARE READY

The unsent letter

there is almost always something left unsaid. a thank you that never quite landed, an apology, a question, a goodbye that came too fast or not at all. this is a letter you will never have to post. its only reader is you — and the person you are writing to, in whatever way you believe they can still receive it.

write it by hand if you can. there is something in the slowness of a pen that lets feeling catch up with thought. and there is no wrong way to do this — ramble, cross out, leave it half-finished, come back in a year.

IF THE BLANK PAGE FEELS TOO WIDE

you do not need these. but if you would like somewhere to begin, you might tell them:

— *the thing i never got to say to you is...*

— *i wish i had asked you about...*

— *thank you for...*

— *i'm sorry for...*

— *what i want you to know is...*

— *lately i have been..., and i wish you were here to...*

when you are finished, do with it whatever feels right. keep it in a drawer. read it aloud at their place. fold it into a memory box. some people burn it, or bury it, or tuck it under a candle on a birthday. the letter has already done its quiet work simply by being written.

